

## **Abstract**

**Title:** Effect of rehabilitation intervention on soft tissue of shoulder joint in handball players

**Objectives:** The aim of the thesis is to explore the benefits of 10-session conservative therapy in handball players diagnosed with throwing shoulder. The chosen therapy should eliminate the players' difficulties as much as possible and allow them to once again fully engage in the activity.

**Methods:** Experiment-based qualitative research with randomized control study was conducted. The objective was to assess the findings of four probands – players of a major-league team – diagnosed with shoulder joint soft tissue injury caused by playing handball. Two women and two men between the ages of 19 and 30 took part in the research. The subjects were divided into two groups. The first group, a man and a woman, took part in 10 therapeutic sessions, whereas the other did not receive any kind of treatment and served as a reference group. Both initial and final kinesiological examinations were carried out at the beginning and the end of the therapy, consisting of anamnesis, physical inspection, palpation, anthropometric and goniometric measuring, examination of muscle, muscle shortening, joint movement and movement stereotype. Measured data was analysed and evaluated.

**Results:** After ten successive therapeutic sessions, major differences appeared between the initial and final kinesiological examinations. The therapy proved to have positive effect on the examined group.

**Key words:** throwing shoulder, shoulder girdle, handball, conservative therapy